

Abstract

5 A wooden composite "I" Beam 10 comprising upper and lower  
plywood flanges 11,12 interconnected by a web 13 comprising  
a pair of widely spaced apart planar side walls 25 26 formed  
from wood or wood derivative material. The cavity formed  
within the web 13 is filled with a core of cellular material  
10 17 corrugated cardboard or paper which is adhered to the side  
walls and flanges using adhesive resin.